

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	≥60
Total	50	50
Gender		
Males	40	60 ***
Females	60	40
Ethnicity		
White	46	54
African American	62	38
Latino	52	48
Asian/Other	50	50
Income		
≤\$19,999	52	48
\$20,000 - \$49,999	53	47
≥\$50,000	47	53
Federal Poverty Level		
≤ 185%	52	48
> 185%	49	51
Food Stamps		
Yes	62	38 *
No	49	51
Overweight Status		
Not at Risk	48	52
At Risk/Overweight	54	46
Physical Activity		
≥60 minutes	N/A	N/A
<60 minutes	N/A	N/A
School Breakfast		
Yes	56	44
No	49	51
School Lunch		
Yes	52	48
No	47	53
Nutrition Lesson		
Yes	42	58 ***
No	59	41
Exercise Lesson		
Yes	44	56 ***
No	60	40

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

*** p<.001